

THULE TIMES

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Photo by 1st Lt. Jeremy Eggers

Maj. Randall Moore, Tech. Sgt. Chris Ramos, Senior Airman Steve Huffman, Tech. Sgt. Greg O'Dell and Master Sgt. Zanitta Kisner, walk to shore after diving under water during the annual Polar Bear swim, Aug. 16, at Tug Boat Beach.

Barely above freezing for Polar Bear Swim

100 take a dip in North Star bay

By 1st Lt. Jeremy Eggers

821st Air Base Group Public Affairs

Perhaps they felt the responsibility of maintaining a Thule tradition.

Perhaps they were just a little crazy. Or, maybe they just wanted the T-shirt.

No matter...about 100 from all walks of Team Thule braved the frigid waters of North Star Bay Aug. 16 for the annual Polar Bear swim.

"I really like it when people do

something extreme and have fun at the same time," said Mette Linnemann, recreation services director. "It really doesn't make sense to jump into the cold water, but then again, does it have to make sense?"

The air temperature was 38 degrees and the water temperature hovered around 32 degrees.

The swim itself was nothing more than running into the water, diving under, and then running out as quickly as possible—all together, about a 15 second venture, far less exposure time than the estimated 15 minutes until unconsciousness and 15-45 minutes

before death occurs in water that cold.

A handful of the newly inducted members of Thule's tongue-in-cheek Artic Swim Team dived in a second time. According to 1st Lt. Lance Brenneke, a "double dipper" for the Polar Bear Swim, "It wasn't as bad the second time."

It didn't take long for swimmers to don warmer, dryer clothing after the swim—the swim, one of the most anticipated events of the year, took all of 20 minutes from start to finish.

See Page 7 For more pictures from the annual Polar Bear swim as well as a copy of the certificate for participants.

Days until compliance inspection (a/o Aug. 19):

23

First Sunset
12:44 a.m., Aug. 21
Sunrise at 2:35 a.m.

821st Support Squadron takes Softball Championship...see photos Pages 8-9

Five at Thule earn promotion to staff

RANDOLPH AIR FORCE BASE, Texas—

The Air Force has selected 13,651 of 27,416 eligible senior airmen for promotion to staff sergeant, a 49.79-percent selection rate. At Thule, five received news of their promotion with an early morning visit from base leadership.

Thule's promotees are: Senior Airmen Latisha Miller, 12th Space Warning Squadron; Jeffrey Pack, 821st Air Base Group financial management; Michael Santos, 821st Security Forces Squadron; Michael Whisnant, 821st SFS, and Erin Zeitler, 821st Support Squadron personnel flight.

"As far as promotions are concerned, this has proven to be another great year for our senior airmen," said Chief Master Sgt. Mark Billingsley, enlisted-promotion and military-testing chief here.

"The message is loud and clear: There really is no limit. If you work hard and prepare



Photo by 1st Lt. Jeremy Eggers

Senior Airman Latisha Miller, 12th Space Warning Squadron, receives news of her promotion to staff sergeant from Maj. Kevin Reigstad, 12th SWS operations officer, Aug. 13. Base leadership notified the promotees at 5 a.m., greeting each with his/her first staff stripes and a bottle of champagne. Five from Thule were selected for promotion to staff sergeant—along with Miller, senior airmen selected for promotion were Jeff Pack, Michael Whisnant, Michael Santos and Erin Zeitler.

for promotion, the Air Force will entrust you with that next stripe and give you all the responsibility and opportunity for growth that come with it."

People who tested are expected to receive their score notices by the end of August, officials said.

Score notices allow airmen to see how their

Promotion Fitness Examination and Specialty Knowledge Test scores rank against those they are directly competing with for promotion within their Air Force specialty code. Individuals can also get an electronic copy of their score notice by clicking on 'vMPP' at <http://www.afpc.randolph.af.mil>.

The average score for those selected was 265 points, with the following averages:

- 130.81 points for enlisted performance reports.
- 53.29 for Promotion Fitness Exam.
- 53.54 for Specialty Knowledge Test.
- 15.52 for time in grade.
- 10.60 for time in service.
- 0.62 for decorations.

The average selectee has 1.62 years time in grade and 4.25 years in service. Those selected will be promoted to staff sergeant from September to August 2004. (AFPC News Service)

Rumsfeld: Terror war drives military's transformation

By Gerry Gilmore

American Forces Press Service

WASHINGTON (AFP)—The ongoing global war against terrorism makes U.S. military transformation efforts an imperative goal, Department of Defense's top civilian and uniformed officer said here Aug. 14.

Gen. Richard B. Myers, the chairman of the Joint Chiefs of Staff, accompanied Defense Secretary Donald H. Rumsfeld to a Pentagon town-hall meeting.

Rumsfeld thanked servicemembers and civil servants both here and around the globe for their "remarkable" efforts since the Sept. 11, 2001, terrorist

attacks on the United States.

"You and your comrades and colleagues around the world have performed magnificently in so many ways (in defending the American people) against those who seek to harm this country," the secretary said.

Rumsfeld had special praise for "the brave men and women in uniform who risked their lives to help liberate" the Afghan and Iraqi people from despotic regimes.

Despite these victories, the global war on terror is far from over, he said.

"(The war) poses some difficult times ahead for us, as we've seen just in recent weeks and months since the end of major combat operations in Iraq," he

said.

However, Rumsfeld emphasized that America and its allies will "win this global war on terror."

The DOD must continue its transformation to meet 21st-century threats, such as terrorism, Rumsfeld said.

He said this requires U.S. military forces to become lighter and more agile. DOD must also overhaul the way it administers its civilian workforce, such as by using performance as a metric for rewards rather than seniority, Rumsfeld said.

Continued on Page 3

Arctic research



Photo by 1st Lt. Jeremy Eggers
Heidi Steltzer, a biologist from Colorado State University, Fort Collins, Colo., explains how lamps are heating the Thule tundra for a research project focused on the biocomplexity of arctic environments. Team Thule has supported a small team of biologists and geologists all summer as they've conducted their research, which is scheduled to continue for five years. For one of the projects, the researchers have measured carbon levels in soils and plant life in unaltered plots of land as well as in plots heated and watered to varying levels, all in effort to gain a better understanding of productivity in arctic environments.

"Rumsfeld"—continued from Page 2

Along with transformation, department officials have strived to improve servicemembers' quality of life by working with Congress to achieve needed military pay raises and reducing out-of-pocket expenses for housing, Rumsfeld said.

The military recruiting and retention programs have met or exceeded their goals in these efforts, he said.

Transformation efforts are evident even today, the secretary said. Recent conflicts in Afghanistan and Iraq required fewer troops and less time to assemble forces and materiel than in past wars.

He also said Operation Iraqi Freedom was the most "joint" U.S. war in history.

Rumsfeld said U.S. troop presence in Bosnia, Kosovo and the Sinai is being drawn down. Every day more coalition forces and "Iraqis are taking over the police and civil defense duties" in Iraq that were done by American troops, which is "a good thing," the secretary said.

The U.S. military is also working to establish "a more efficient deployment and re-deployment process," Rumsfeld said.

That, along with a re-balancing of "skill sets" between active forces and the Guard and Reserve should assist in reducing turbulence and increasing efficiency across the force.

One example is the current heavy concentration of civil-affairs troops and other highly tasked specialties in the reserve component, which has made for those servicemembers' repeated deployments to places like Afghanistan and Iraq, he said.

The secretary said citizen soldiers did not sign up for such continuous military duty when they volunteered for the Guard or Reserve.

On a related issue, Rumsfeld said that both active-duty and reserve-component troops and their families need to know when they are leaving for deployments and when they will return.

"We're going to work on that," the secretary said. Many Guard and Reserve members have recently been called up with just five days' notice, rather than

the desired goal of 30 days. Some other troops, he said, were called up three to four months in advance only to find out later they were not going to deploy.

"(This state of affairs) is not really fair to them, and it's not fair to their families or their employers," Rumsfeld said. "We need to fix it, and we're in the process of getting it fixed."

Rumsfeld said the Pentagon is now looking over studies that say 300,000 non-core-competency military positions could be transferred to civil servants or to contractors.

If all, or part, of the studies prove workable, then DOD officials might free up more slots for uniformed members "to reduce the stress on the force," he said.

The Defense Department must continue its transformational march even as it has "the war on terror to pursue and win," Rumsfeld said. "(The armed services) will be able to meet the challenges that we face and to deter future adversaries from posing new threats to the people of our country."

CSAF talks changes in AF

By Tech. Sgt. Mona Ferrell

U.S. Air Forces in Europe

News Service

RAMSTEIN AIR BASE, Germany (AFPN)—New demands on today's airmen are driving changes to the Air Force physical fitness program and a possible new uniform, said the service's senior leader during a visit here Aug. 13.

As the Air Force's needs and demands change, so should airmen, said Air Force Chief of Staff Gen. John P. Jumper.

"I think anybody who's been a part of the expeditionary Air Force, living in tents in 120-degree desert heat, knows that we need to pay attention to how fit we are when we deploy," Jumper said.

"In the early 1990s, we began cycle ergometry, and I think when we did that, we lost all of the social aspects of physical fitness. We stopped working out together, and we drifted away from the basics," he said. "I want something that we can do when we're deployed; we can always run, and we can always do push-ups and sit-ups when we're deployed -- that's what we need to be able to do."

The new program will also put physical-fitness responsibilities back in the hands of squadron commanders and their airmen, Jumper said.

"Rule No. 1 is that everyone will participate," he said. "Squadron and unit commanders are going to be responsible for the fitness of the people in their squadron, and eventually it will show up on their fitness reports. The squadron commander will ultimately, once we get going, be graded on the percentage of the people in their squadron who pass or (don't) pass."

"This is much different than the way we do it now, where physical fitness is enforced by either the medical community or unit orderly rooms,"

Jumper said. "We're going to put it in the hands of the squadron members to make sure their unit and members pass the test ... this will unfold slowly, but step No. 1 is getting everybody out there and ready by January."

Our evolvement into a more expeditionary Air Force may also lead to a change in the Air Force uniforms, Jumper said.

"Anybody who's worn the current woodland (battle-dress uniforms) knows that the first time you take them to the dry cleaners to get them washed and starched is the last time any air passes through that material. It is now sealed up forever, and it doesn't breathe any more," Jumper said.

"What we did was take a lesson from the Marine Corps, who got a hold of some new material that's truly wash-and-wear. This will alleviate somewhere between \$20 to \$40 a month of dry cleaning bills for our members," he said. "We also went out to people and got their ideas about the right kind of belt, and the right kind of pockets placed on the uniform so they're more useable."

"The color is an experiment," the general said. "If you look at some of the scientific data, the color (of the test uniform) at night is actually better than the current camouflage uniform. We do a lot of our fighting at night, so it's a test; that's what it is."

"What I don't like is people giving me their opinion before they've seen it," he said. "Most people I've gotten feedback from are very objective and willing to take a look. And that's all I'm asking people to do -- take a look at it and see what we think. We're all going to decide together."

And these decisions, combined with other Air Force quality-of-life initiatives, lead to a higher "value of life," Jumper said.

"When I say quality of life, what I



Photo by Master Sgt. Jim Varhegyi

ANDREWS AIR FORCE BASE, Md. (AFPN)—Second Lt. Arcelia Miller, from the Air Force's special security office, puts the Air Force test utility uniform through its paces at an entry control point here.

mean is more about the value of life, than higher standard of living," said the general. "It's how good we feel about what we do. There's certainly a material side of that, and the material side is we're going to continue to get pay raises."

"We're in the service of a very grateful nation right now. All you have to do is walk downtown in uniform anywhere in America, and people will come up and thank you for your service," Jumper said.

"They have no idea who you are, or what rank you are, but they know they are grateful. You are the symbol of the pride and strength of this nation," he said. "If you think of your counterparts that you went to high school or college with, what are they doing? Do people come up to them in the street and thank them for what they do? That is a very big part of quality of life."

**Send story ideas to the Thule Times at ThuleTimes@thule.af.mil.
Want to submit a story or photograph? Call the 821st Air Base Group Public
Affairs office at ext. 5678, or stop by Bldg. 461, rm. 9**

Officials release fitness test details

By Staff Sgt. C. Todd Lopez

Air Force Print News

WASHINGTON—Beginning next year, Air Force officials will implement a new fitness test completely different than what airmen today are familiar with.

The more functional test will include a 1.5-mile timed run, a muscular-fitness test of push-ups and crunches and a body composition test. It is designed to measure the general health of airmen, said Maj. Lisa Schmidt, chief of health promotions operations at the Air Force surgeon general's office.

"The goal is to have a healthy, fit force that can deploy at any time," Schmidt said. "Our goal is to prevent the onset of diseases such as heart attacks, stroke, high-blood pressure and high cholesterol. Basically, it is about keeping members healthy so they will perform optimally, in-garrison and deployed. Healthy members are more heat-, stress- and fatigue-tolerant, and less prone to illness and injury."

To measure airmen's overall fitness, Schmidt's office and a panel of health and fitness experts developed a three-component measurement system that looks at aerobic fitness, body composition and muscular fitness, she said.

An airman's performance in each of the three component areas will earn points. They can earn a maximum of 50 points on the aerobic portion of the test, 30 points on the body composition portion and 20 on the muscular fitness portion.

The total number of points earned on the fitness test will put the airman into one of four categories: 90 or greater is excellent, 75 to 89.9 is good, 70 to 74.9 is marginal, and less than 70 is poor, Schmidt said.

"Scores based on health provide an opportunity for earlier intervention,"



Photo by Master Sgt. Jim Varhegyi

BOLLING AIR FORCE BASE, D.C.—Trainees at the U.S. Air Force Honor Guard technical school here participate in a physical fitness routine several times a week. Their routine, which includes push-ups, crunches and a 1.5-mile run, mirrors the proposed Air Force fitness standards, which will be implemented in January 2004.

Schmidt said. "If somebody scores in the marginal or poor category, we know they are at higher risk for disease. Therefore, we intervene with education and more frequent testing to monitor their progress."

People scoring marginal on the test will attend a two-hour healthy-living workshop that focuses on lifestyle behavior, time management and fitness education, Schmidt said.

Intervention for people scoring in the poor category involves the healthy-living workshop, an individualized

exercise program and a weight-loss program for those who exceed body fat standards. It also involves mandatory exercise five days a week, she said.

The test for body composition is still being finalized, but it will measure how much body fat a person has, Schmidt said.

Tests for other components of the fitness standard have already been determined. A 1.5-mile run will determine aerobic fitness. Airmen who are not medically cleared to run will take the cycle-ergometry test. Muscular fitness will be determined by both push-ups and crunches, which will be similar to those done in conjunction with the cycle-ergometry test.

Airmen's scores on the new fitness test will also determine how often they need to retest. People scoring "good" or "excellent" will retest after a year, while those scoring "marginal" will retest after six-months. Airmen scoring "poor" will retest after 90 days.

Just how many push-ups and crunches airmen will have to do, or how fast they will have to run, has yet to be finalized. Schmidt's office has developed draft charts for the composite score. The fitness standards on the draft charts are tailored to both age and gender.

While the charts are not available yet, airmen who are not already involved in some sort of exercise program should begin now, Schmidt said.

"If you are not doing anything now and have concerns, see your doctor first," she said. "Begin slowly with an aerobic-exercise program such as running, jogging, swimming or biking, working up to at least 30 minutes on most days of the week. Muscular fitness and flexibility also need to be part of a balanced fitness program. (HAWCs) can help develop a program that's right for you."

ATWIND!

Win instantly with ATWIND—collect game pieces by participating in services events and then log-on to: www.atwind.com

Sun sets at Thule/First Night festival

Thule will experience its first sunset in months Aug. 21 at 12:44 a.m. with the sun rising again at 2:35 a.m. From then, the base will lose approximately 20 minutes of sunlight each day until the "first night" in November.

Thule's First Night festival is scheduled for November 1 featuring band performances, food and drinks. See upcoming issues of the Thule Times for more information regarding the First Night festival.

TOW Club expands food service

Short-order food service is available during evening hours in the Top of the World Club's main dining room. This service runs Monday through Thursday evenings during normal dining hours of operation.

Short order items will remain available for people who prefer the lounge atmosphere or who would like to use the TOW Club's delivery service. Fine dining will continue as is on Friday

and Saturday nights.

People are encouraged to make dining room reservations at 2418.

Special discounts available for club members

The Top of the World Club now features a special program for members. TOW Club and other Air Force club members receive a \$1 discount off the short order menu, \$2 off the fine dining menu, and \$2 off specialty buffets. The club offers these discounts with two simple rules: (1) A member's food order exceeds \$4, and (2) show proof of membership.

TOW or Air Force club cards will act as a permanent coupon. This benefit does not apply to the TOW Club's delivery service, nor is it available towards the purchase of alcoholic beverages, beer or wine.

TOW Club Membership Appreciation Night w/Show & Entertainment

The Top of the World club will host a membership appreciation night Aug.

31 featuring a free buffet for members from 5-9 p.m. and door prizes, followed by the Department of Defense sponsored band "Karma" and one of Thule's own disc jockeys. The club will operate under weekend hours Aug. 31 as the following Monday is a holiday.

Band scheduled to perform at Thule

The bands "Karma" and "The Animators" are scheduled to visit Thule Aug. 28 to Sept. 4 to perform at the TOW club. Performance times will be Aug. 29, 30 and 31 with a special Membership Appreciation Dinner slated for Aug. 31. Contact the TOW Club for exact times at 2418.

ATWIND program ends Aug. 31

Those who haven't signed up for ATWIND may continue to do so until Aug. 31. People can earn game pieces by participating in various services activities—a list of game-piece events is published on the Services Channel, Ch. 16.

USCGC Healy visits Thule



Photo by 1st Lt. Jeremy Eggers

Lt. Col. Hugh Amundson, 821st Air Base Group deputy commander, talks with Coast Guard Capt. Daniel Oliver, commanding officer of the USCGC Healy, aboard the ship, which visited Thule Aug. 15-19. The Healy is designed to conduct a wide range of research activities, providing more than 4,200 square feet of lab space, numerous electronic sensor systems, oceanographic winches, and accommodations for up to 50 scientists. The Healy can break ice 4.5 feet thick while traveling at 3 knots and can operate in temperatures as low as -50. Their next stop is Alaska.

"Movies with a Message" begins at chapel

All are invited to participate in the chapel's new program, "Movies with a Message," at 8 p.m., Aug. 22, at the chapel—the first movie in the series will be "Sling Blade."

Each event will feature a movie followed by a study session discussing the various religious/theological principles appearing in the film.

For more information, call the chapel at 2211.

New radio shows hit the airwaves

Thule's radio station, Radio 5 Oz 20, 97.1 FM, recently added new radio shows to its line-up.

"The Chrome Shop," debuted Aug. 15 and is a new show scheduled for Thursday nights starting at 7 p.m. featuring DJ Kel "Trigger" Hannum. The show will feature hard rock and heavy metal.

"The B side," debuted Aug. 17 and will air Sunday nights starting at 7 p.m. with DJs "Slinky" Huffman, WC, and "Papa" Sloan featuring rock and alternative rock music.

Kris and Ingrid continue with their classical music show from 10 a.m. to noon on Sundays.

As always, the Friday night show, currently "The Show without a Name," will continue starting at about 7 p.m.

All are invited to tune into 97.1 FM either on the receiver or through Ch. 26. Furthermore, call into the station at 3111 or 3112 during air times to make requests or stop by—visitors are always welcome.

Recently promoted or awarded a medal? Did you just arrive at Thule Air Base? Let folks at home know about it!

Fill out a Hometown News Release—stop by Public Affairs, Bldg. 461, rm. 9, or call 5678



Photos by 1st Lt. Jeremy Eggers

Col. Tom Walker, 821st Air Base Group commander, leads the first Team Thule group into North Star Bay for the Polar Bear swim. Below...they dive underwater.



POLAR BEAR SWIM

Let it be known that in the "summer" of the year 2003, "Team Thule" did of its own free will go swimming in the frigid waters of Greenland's North Star Bay at 76° 36' North Latitude where the water temperature never rises above 32° Fahrenheit, and Polar Bears are normally the only ones willing to enter the chilling waters.

However, undaunted by this fact and undeterred by icebergs the size of houses occupying the swimming hole, the aforementioned people completely submerged into the water.

As mental sanity is no prerequisite and a day at Thule Beach is a wonderful way to relax, let it be known that the above mentioned now are members of the Thule Air Base Arctic Swim Team

Mette Linnemann
Recreation Services Director





821st Support Squadron earns title of Thule Air Base Softball Champions



Photos by 1st Lt. Jeremy Eggers

Above and continued on Page 9—highlights from the Base Softball Championship. The Support Squadron played four games in all, claiming victory after beating the 12th Space Warning Squadron 16-6. The tournament spanned 6 hours in what began as a nice day and ended with temperatures around 40 degrees and winds around 30 knots.



Champs

Photos by 1st Lt. Jeremy Eggers
 Above—members of the winning team: (top row) Ron Whited, Garry Berry, Doug Flowers, Jeff Haynes, Troy Beringer, Eric McClure, Jeff Thomas, (kneeling) Carl Miller, David Bader, Neil Wentz, and Tony Zimmer. Below, Troy Zimmer and Eric McClure watch yet another Derick Lucas, 12th SWS, homerun clear the field.

The Lighter Side of Thule



Photos by 1st Lt. Jeremy Eggers

Clockwise from top left: Mikey Whisnant, Jeff Pack, Erin Zeitler and Michael Santos learn of their promotion to staff sergeant. The news was delivered by base leadership at 5 a.m., Aug. 13—a brainchild of the 821st Air Base Group first sergeant, Master Sgt. Rick Shaffer. All promotees received their first set of staff stripes attached to a bottle of champagne. Pack was perhaps the most awake of all the promotees and appears to be contemplating opening his bottle of champagne on the spot (upper right). Mikey could barely keep his eyes open as well-wishers shook his hand. Santos wins the award for being least awake yet most polite during the presentation: “Stay away,” he said. “I have morning breath.”

The Thule Top 4 Association is sponsoring a NCO induction ceremony for Senior Airmen Latisha Miller and Erin Zeitler, who will pin-on staff sergeant in September. The ceremony is scheduled for noon, Aug. 29, at the Top of the World Club ballroom—cake will be served at the event, but no lunch.

Have a photograph or
story for the Thule
Times?
Submit it to
ThuleTimes@thule.af.mil

Thule Times Editorial Staff

Col. Thomas Walker, 821st Air Base Group commander
1st Lt. Jeremy Eggers, chief, public affairs
Add your name here as a staff writer!—call PA at 5678

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